

ACCENT

The Campus Connection for Collegiate News, Information, and Student Thought

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April 1994

The Second Annual FOOD-FOR-ALL Competition

Wednesday, April 13, Wick Lobby

The FOOD-FOR-ALL Competition is a campus-wide community service food project to benefit the Food Bank of Western New York.

The essence of this project is to help alleviate the desperate needs of the hungry and the less fortunate. As food donations to the Food Bank diminish, it results in starvation for the hungry and the needy in our society. Daemen's efforts in donating food through this project will help provide a meal for a hungry child or family, the homeless, the poor, and the less fortunate in the Western New York community.

The entire Daemen community is encouraged to generously contribute and participate in this project, even though the actual competition is limited to Daemen's recognized student organizations and dorms.

Competition Guidelines

- * Two separate contests will be held: one between recognized student organizations, and the second between dorms (Canavan RA's will have to split their floors)
- * The student organization and dorm with the largest amount of food (by weight) donated in their name will win a "pizza party" donated by Daemen Dining Service.
- * Food donations will be accepted between **11 am** and **1 pm** in Wick Lobby on April 13. (All food should be non-perishable items)
- * Multiple donations by groups during this time span can be made. A running total of donated weight will be kept for each participating group.
- * Each group must register to participate in the competition by **April 11**.
- * Groups and individuals not wanting to participate in the competition may also make donations to the general collection or pledge their food donation(s) to one of the participating groups.
- * Participating groups are encouraged to solicit food donations in their group's name from the community on and off campus.
- * Cash donations can be made to the Community Service Office. (These will not be part of the competition.)
- * **REMEMBER...** the real winners of this friendly competition are the needy people who will benefit from our food donations, and everyone who finds enjoyment and satisfaction in helping our neighbors.



Pictured here are the winners of the 1993 FOOD-FOR-ALL competition (the Lambda Chi Iota sorority) and Joe Sankoh, Director of Community Service. Lambda collected over 272 pounds of food, and Dorm 103 collected over 154 pounds, winning the dorm competition.

THINK SPRINGFEST!

Picnic Lunch, Human Bowling, Velcro Fly Wall, Computerized "Fun Pix", and live music by ACCENT will highlight this year's Springfest activities.

Saturday, April 23, 1994

Daemen College Front Lawn

(Wick Social Room is the bad weather location.)

Entire Daemen College Community invited!

BACHELOR BID-OFF

**To benefit the
Leukemia Society**

Friday, April 22

8 pm, Wick Social Room

Admission: \$1 presale
\$2 at the door

The Theater Department
presents

**"At Popio's With A
Personal Exchange"**

April 14, 15, 16
Performances at: 8 pm
in the Daemen Theatre

Admission: \$1

RUSSIAN REVIEW

**Guest Speaker
Alexander Razin**

presents

**"The Crisis of Morality
and Politics in Russia"**

Tuesday, April 12

8 pm

Wick Center, Room 113

Sponsored by the
Humanities Department

*free admission
open to the public*

The American Red Cross
& Sigma Phi Epsilon
invite you to

**Give the Gift
of Life...**

**Give
Blood**

Wednesday, April 27

10 am - 4 pm

in Wick Social Room

Appointments can be made during
mealtimes in Wick Lobby the week
prior to the drive.

Walk-ins are also welcome.

Student Association Elections

Beginning April 11, in Wick Lobby

Submit letters of intent by
April 8 to the
VP of Governing mailbox
behind Wick Desk

***Vote for your
representatives!***

Positions:

President

VP of Governing

VP of Publications

VP of Programming

Treasurer

Secretary

CONGRATULATIONS:

*Eric Canavan
Robin LaClair
Sabita Tiwari
Tammy Whiting*
**Winners of the Spring Break
Movie Pass raffle!**

Read the Ascent; be a winner!

Campus Trivia Contest

**"Where was the Daemen
Duck Pond located?"**

Did you know there was a pond on campus where some of the local ducks lived? You had to be very careful driving on campus to avoid Mama Duck and her brood.

Place your entry in the contest box in the Bookstore between April 5th and April 8th. Winners will be picked from correct entries.

CASH

FOR YOUR BOOKS

**Bring your books to:
DAEMEN COLLEGE
BOOKSTORE**

May 4, 5, 6, 9, 10
9 am - 3 pm

May 7, 8 (Sat. & Sun.)
11 am - 1 pm

May 15-17
10 am - 3:30 pm

RETAIL (best offer)

We will pay up to 50% of the book price providing the textbook:

- A- Will be required for next term.
- B- Is needed to fill next term's enrollment
- C- Is in reusable condition.

Example: You paid \$46 for a textbook...we will pay \$23 or 50%

WHOLESALE (next best offer)

- For books having a national demand, the Bookstore will pay 15% to 40% of the new book price.
- Discontinued books are shipped to a wholesaler who recycles them to other colleges and universities.
- Old editions have no national value.

REMEMBER ...

- Recycling your used books is good for the environment and lowers the price of textbooks.
- Books with writing or highlighting may have value.
- The price of books is determined by the publishers, **not** the Bookstore.
- Wholesale prices are based on national supply & demand.
- Damaged copies will be deducted appropriately.
- Old editions will not be purchased.

**OUR GOAL IS TO BUY BACK
AS MANY OF YOUR BOOKS
AT 50% AS POSSIBLE.**

COUPON

Visit the
DAEMEN DUCK POND
April 27 thru May 13

Bring this coupon to the Bookstore
"Pick a duck, win a prize"

THAT'S NO P.H.D.

(That Snow Piled High & Deep)



By the time you read this the winter's snow should be gone, removed, melted, history, a wet dream/nightmare. Most of this "springtime" phenomena (the great melt) is an act of God. But think how terrible it would have been on campus this winter if the college left snow removal totally in the hands of the Almighty. Thank God for our maintenance crew who found time among their daily duties to keep lots, walks, and steps relatively snow-free.

To fight this unusually tough annual battle with the forces of nature (16 storms, I am told), maintenance personnel were at it as early as 5 a.m. Early-birds Peter Jellinick, Wayne Oven, Sean Batchen, Tim Bauer, Maddi Payne, and Joe Diegelman plowed, shoveled, and salted, even on weekends, to provide access to campus for students and staff. Dorm snow removal was handled by Norm Plackner and Richard Smith. Dan Metz handled overnight plowing duties.

The biggest problem for maintenance crews was "where to put the snow" once it was cleaned off of the pavement. This was compounded by the very vehicles for which the lots were being cleared. "The overnight parking lots are the most difficult to keep clean due to (parked) cars and eventually these areas become filled with compacted mounds of snow; it gets packed down during daytime storms by cars driving around on it", said Skip Sweitzer, Director of Maintenance, a Southerner who once relied on God to "melt away the couple of inches we would get down in Maryland."

This is Skip's second winter at Daemen. Still practically a rookie, the "Skipper" and his crew took everything the Almighty and Mother Nature dropped on us. It was a tough winter with the score tied: Nature 16, Maintenance 16.

Great job y'all!

Don't miss the Fraternity TGIF Parties

Friday, April 8
with the brothers of
Sigma Phi Epsilon

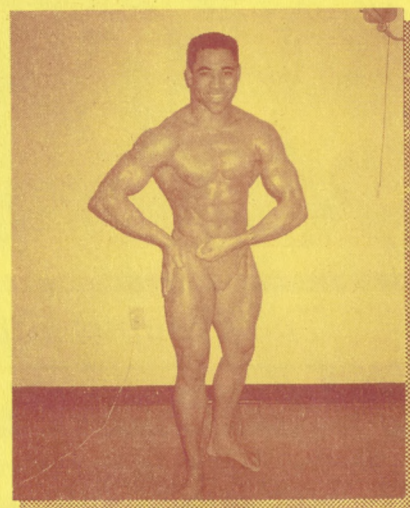
Friday, April 22
with the brothers of
Phi Beta Gamma

Admission: \$1
Great food & refreshments
will be served!

FITNESS TIPS

by David Godoy

In my seven years of body building and dieting, I have noticed the gym always seems to get more crowded in the spring months, just before summer. The gym becomes packed with people hoping to get in shape for the beach. Most people get little or no results in their mad rush. If you are one of these people, I'm going to change that for you with an effective summer shape-up program. The program is a two-month plan consisting of weight training, aerobics, and dieting.



Weight Training

Four days out of the week, your job will be to use free weights and workout machines. Legs, back, and biceps should be worked on Mondays and Thursdays, while chest, shoulders, and triceps can be worked on Tuesdays and Fridays. Weight poundage should stay in the light-to-medium range, with 10-12 repetitions. Your workout pace should be fast; moving from one exercise to the next with minimum rest in between. Progress only comes through consistency, so never miss a workout.

Aerobics

On Mondays, Wednesdays, and Fridays, it's time to start the Stairmaster, aerobics classes, or jogging sessions (weather permitting). Your aerobics sessions should each last 30-45 minutes. The intensity should be kept moderate. Keep your sessions fun and interesting by trying new types of aerobics. For example, you might try rollerblading, tennis, swimming, basketball, or other activities.

Dieting

To be successful in the two endeavors mentioned above, you need to have a high-energy, low-fat diet. I can hear you now saying, "High-energy, low-fat diet at Daemen? Come on! Let's get serious!" I tell you it can be done with a few minor supplementations. First, you need to eat three good meals each day, as well as one small snack after your workouts. Your main meal should be made up of low-fat protein sources (chicken, turkey, tuna, eggs), complex carbohydrates (pasta, cereal, potatoes), vegetables, and juice or water. The post-workout snack should consist of a small bowl of pasta to replenish lost muscle glycogen. Drink plenty of water and take a one-a-day multivitamin to assure you are getting all the nutrients you need.

The summertime is a great time for the beach, shorts, tank tops, and two-piece bathing suits. What better way to start the season off than with a great physique? You can have this if you follow this program religiously. The combination of weight training, aerobics, and dieting are the key factors to successfully attaining your summer shape-up goals. Have a nice summer and as the Jedi Master, Yoda, once said, "Try not. Do or do not. There is no try."

For more information on fitness training or diet planning, contact David Godoy at extension 7375, or look for his monthly tips in the **ASCENT!**

HEALTH INSURANCE ID CARDS

Those students who carry the **Daemen College Student Health Insurance** for the 1993-94 academic year are covered until August 25, 1994. Please be sure to stop in the Health Services Office (Wick Center) any weekday between the hours of 10 a.m. and 2 p.m. to pick up your insurance identification card.

Daemen College Thursday Night Film Series MASTERS OF WORLD CINEMA

presents

Rashomon

Director: Akira Kurosawa
Thursday, April 21, 1994
7:30 pm, Schenck Hall

After a violent rape-murder is committed by a bandit, four witnesses tell their own different versions of what happened. Set in medieval Japan, *Rashomon* is famous as the essential cinematic demonstration of the relativity and subjectivity of truth. Indeed, the film's very title has become part of our language. Winner of the Oscar for Best Foreign Film - 1951.

In Japanese with English subtitles.

(no admission charge - the public is welcome)

Shattering Russian Myths

The American Media's Misconceptions About Russia

by Michael S. Schroeder

While in Boston, attending the Harvard National Model United Nations, I had the opportunity to attend a discussion on the current situation in Russia. The guest speaker was former Deputy Spokesman for Mikhail Gorbachev, Sergei Grigoriev. Grigoriev now spends his time as a professor at Northeastern University, while his wife is employed by Harvard University.



Professor Grigoriev opened the session by drawing an eerie historical comparison. He likened the scene of Boris Yeltsin and Alexander Rutskoi addressing supporters after the failed coup of 1991 to Vladimir Lenin and Leon Trotsky addressing the people during the Bolshevik Revolution of 1917. Professor Grigoriev spent much of the afternoon shattering the myths perpetuated by the American media on such topics as the stability of Boris Yeltsin, the rise of Vladimir Zhirinovskiy, the demise of the KGB, and the bombing of the Russian White House.

"Communism was the system that held the fabric of their lives together."

Professor Grigoriev explained that Americans must understand that communism meant more to the Russian people than a simple political philosophy. Communism was the system that held the fabric of their lives together. Now that communism has withered away, Russian citizens are looking for a new national identity. Many United States government officials were confident that democracy and market reforms could help to fill that void. However, the inability of such reforms to take hold has created a platform for the ultra-nationalist views of Zhirinovskiy.

According to Grigoriev, Zhirinovskiy's platform could take him to power in the near future. The professor believes that Zhirinovskiy's recent election to the Russian lower parliament (the Duma) was a vote against poverty more than a vote for ultra-nationalism. However, he warned "hunger can lead to revolution."

What about the future of President Boris Yeltsin? It has been a common belief that the Russian President's position is secure, at least for his time being. Grigoriev stated candidly, "I expect a change in power within the next year." Additionally, he feels that the Clinton administration made a serious error allying themselves to an individual instead of the ideal of democratic reform. He thinks that American influence will be greatly reduced once Yeltsin is removed from office.

The professor shed light on the supposed demise of the KGB. He explained that only the name has changed, and that the KGB is alive and well. Furthermore, he commented, "Only 16 of the officers that carried out the bombing of the (Russian) White House were Russian Army personnel. The rest were KGB agents."

Amid these dire predictions for Russia's future, I began to lose my optimistic outlook. I asked Professor Grigoriev if he felt there was any hope for Russia in the coming years. He responded by stating one name, "Gregory Yavlinsky." He went on to describe Yavlinsky as a young communist that is liberal minded and in favor of slowly implemented democratic reforms.

After listening to the professor's comments, I found myself thinking about the cyclical nature of history and the lessons that it holds. I only hope the people of Russia remember the rise of Adolf Hitler, the brutal reign of Josef Stalin, and the flaws in the communist system, when contemplating the future of their extraordinary country.

TOUR DE CURE

Get your bike in gear and get ready to ride on **June 2, 1994** in the American Diabetes Association's **Tour de Cure**. Hundreds of Western New York residents will be riding down the roads of Amherst to raise vital dollars to find a cure for diabetes.

You can ride for fitness or for fun. The Tour de Cure is for riders of all experience levels. Pick one of the routes: 30 miles, 55 miles, or 100 miles and ride at your own pace. Just round up your co-workers, friends, lunch buddies, your boss, everybody, and join Daemen College's Tour de Cure.

We are also looking for volunteers to represent Daemen College at the finish line to support riders coming across. We need help inflating balloons, making signs and lots of noise to make for a festive finish line atmosphere.

Contact MaryJean Taylor at extension 8554, or stop in the Graduate P.T. Office in Schenck Hall to find out how you can become a part of this fun-filled event and represent Daemen College in the Tour de Cure!

Congratulations!

Two students nominated three persons for the Sigma Phi Epsilon faculty/staff awards. The two "Admired Administrator" nominees are **Joe Sankoh** and **Christine Schurkus**. The only other nominee was for "Favored Faculty", **Dr. Robert Morace**. Sigma Phi Epsilon will announce further plans regarding balloting for these awards.

DINNER & SHOW

"TASTE OF DAEMEN"

The annual *"Taste of Daemen"* will be held this year on Friday, April 15, at 7 pm, in Wick Dining Room. All students, faculty, and staff are invited to participate in this delectable event.

The "price" of admission, for you and a friend, is your favorite dish or dessert, to share with all. In past years, the variety of delicious ethnic dishes has been astounding. Bring your own specialty or family's secret recipe to *"Taste of Daemen"* and join in a feast of home-cooked goodness! For more information, contact Denise Mills (ext. 8341).

"BARBER & SEVILLE"



Immediately following this year's *"Taste of Daemen"* will be an evening of live entertainment featuring:

COMEDIAN VENTRILOQUIST MAGICIAN MUSICIAN,
Jim Barber (& Seville)

The show will begin at 8:30 pm in Wick Social Room. The "Barber & Seville" show is packed with fun for audiences of all ages. *"Don't miss the ventriloquist who leaves everybody talking"...* **Barber and Seville!**

(free admission - sponsored by the Student Association)

SUMMIT



Yearbooks

will be on sale in the Daemen College Bookstore in mid-April for **only \$10.**

(limited supply)

Poetry Corner

It is in our eyes
Feelings more potent than words
We stare in silence

Intimate secrets
Shared between our loving hearts
Not a mere utterance

by Marie McCarthy

THE FINAL WORD;

"attine majezi tene magara"
"He without knowledge has no life"
A Mukiga Proverb.

By Patrick Mweheire

Like they always say, all good things must come to an end. My career at Daemen will soon come to an end and I hasten to add that I have no regrets whatsoever, maybe not, let's say, I only have a few. Without being too sentimental or cute, I have to say it's really been a great time. I learned a great deal being here, and let's also hope I thrust enough crap about Africa down your throats to make you "better people".

Things have notably changed during my three years at Daemen. While in my freshman year, I received questions like, "So how big are the trees you guys live in back home?" Now it's more like, "How are we going to solve the South African crisis?" It doesn't necessarily impress me, but at least it shows a remarkable improvement.

"Not much bothered me at Daemen, except, of course, the imbalance and division between departments."

Not much bothered me at Daemen, except, of course, the imbalance and division between departments. I was often bothered by statements such as "I have a 1.2 average but am a P.T.", or "I am taking this blow-off economics course". What is that supposed to mean? Probably, that you can spend seven years here and still be respected only because you are a mighty P.T.

This logic represents, I think, a disturbing sort of comparison which P.T. students are all too quick to make between themselves and others. P.T. students are most often not interested in seeing how they truly stack up, but, in seeing how they can undermine anyone else's claim to achievement.

While it seems reasonable that Daemen should take steps toward making

things like grades and classes more equitable across majors, and fairer as bases of comparative achievement, this solves less than half the problem. P.T. students must desist in their destructive habits of negative comparison. Taking silly, cheap, sometimes false shots at others will not make your achievements any more grand. Revel in and learn from your accomplishments whatever they might be.

"It's been almost mesmerizing to see the school grow."

I apologize. I got a little carried away. This is my last month in school and I should be making friends not enemies. Anyhow, Daemen is really expanding at an impressive rate. A few years from now, Daemen students will be complaining about too many wild parties. It's been almost mesmerizing to see the school grow. When I first started here, many moons ago, there were on the average 3 students per dormitory, but now the dorms are filled to capacity. Good job Jim Burke; you are the man!

I was also toying with the idea of opening another Daemen campus in Africa, so that you guys can all take one or two semesters in the jungle! Tell me what you think.

Without making it sound like I just won a Grammy award, I would like to thank Chris Malik for keeping the Daemen Ascent alive, my dorm for being such good little boys, and everyone who made my stay here less miserable than it would have been.

Keep the faith everyone! As for you humanities majors, see if you can understand the gist of this article, without the help of your nearest P.T. student. Ha HA AH ha HAah!

1995 Senior Yearbook Portraits

That's right juniors, plans have already begun for the 1995 Daemen College yearbook. Because we are planning to get this yearbook on campus before you graduate next year, it is necessary for us to take all 1995 Senior portraits this semester.

1995 Senior portraits will be taken on the following days:

Tuesday, April 19	9 am - 5 pm	Wick Center
Wednesday, April 20	9 am - 5 pm	Wick Center
Thursday, April 21	Noon - 7 pm	Wick Center
Friday, April 22	Noon - 7 pm	Wick Center

You **must** sign up for a specific time at Wick Desk **prior** to the portrait sitting. This year there will be no fee to get your portrait taken so sign up early to reserve your time slot.

Knack & Richards photo studios will also make various portrait packages available to you at discount prices when they mail you your photo proofs.

Start thinking **GRADUATION 1995** and sign up now for your Senior portrait sitting!

The Daemen College
Philosophy Department
presents a
**FILM
DISCUSSION**
on
"Schindler's List"

Monday, April 11
7pm, Alumni Lounge

All are welcome to attend.

The Physical Therapy
Department
presents
**HEALTH
FAIR**
1994

Friday, April 22
1-6 pm, Schenck Hall

All are welcome to attend.

The Department of Music at Daemen College
proudly presents
Syracuse Society for New Music
in a program entitled

"Cross-Cultural Cadences"

Tuesday, April 5, 1994
8 pm, in the Daemen Theatre

The Syracuse Society for New Music has won two ASCAP/Chamber Music America awards for adventuresome programming, and it will receive the American Composers Alliance Laurel Leaf Award for 1994. The Laurel Leaf has been given each year since 1951 to individuals and organizations in recognition of "Distinguished achievement in fostering and encouraging American music". Speaking at the Daemen College concert will be composer Liu Zhuang, whose *Trio* for flute, viola, and harp will also be performed in the program.

ADMISSION IS FREE AND OPEN TO THE PUBLIC

**SENIOR WEEK
ASSISTANT
APPLICATIONS**
are available in the
Student Activities Office.



We need a few good people!

**3rd Annual
Community Service
Recognition Reception**
to be held
Friday, April 8, 1994
8 pm, Alumni Lounge

All members of the Daemen
Community are invited to attend.

Refreshments will be served!

**MARY
ANGELA
CANAVAN
AWARD**

**is annually given by the
Student Association to a
graduating senior who has
demonstrated both
dedication and enthusiasm
for the improvement of
campus life.**

Letters of self-nomination for
this award need to be received
no later than May 3, 1994.
Letters should be accompanied
by a resume of your student life
contributions.

Send your letters to the Student
Association VP of Governing.

Poetry Corner

Attitudes are the seasons of life;

Peaceful, serene, complacent
like a warm summer day;

Changing color, fading away, die
like the maple leaves in the fall;

To bear the storms and blizzards
on a cold winter day;

To blossom and grow
like flowers in the spring;

These are the choices
you can make;

They are your reflection
in the mirror of life.

by Patricia Ann VanKay